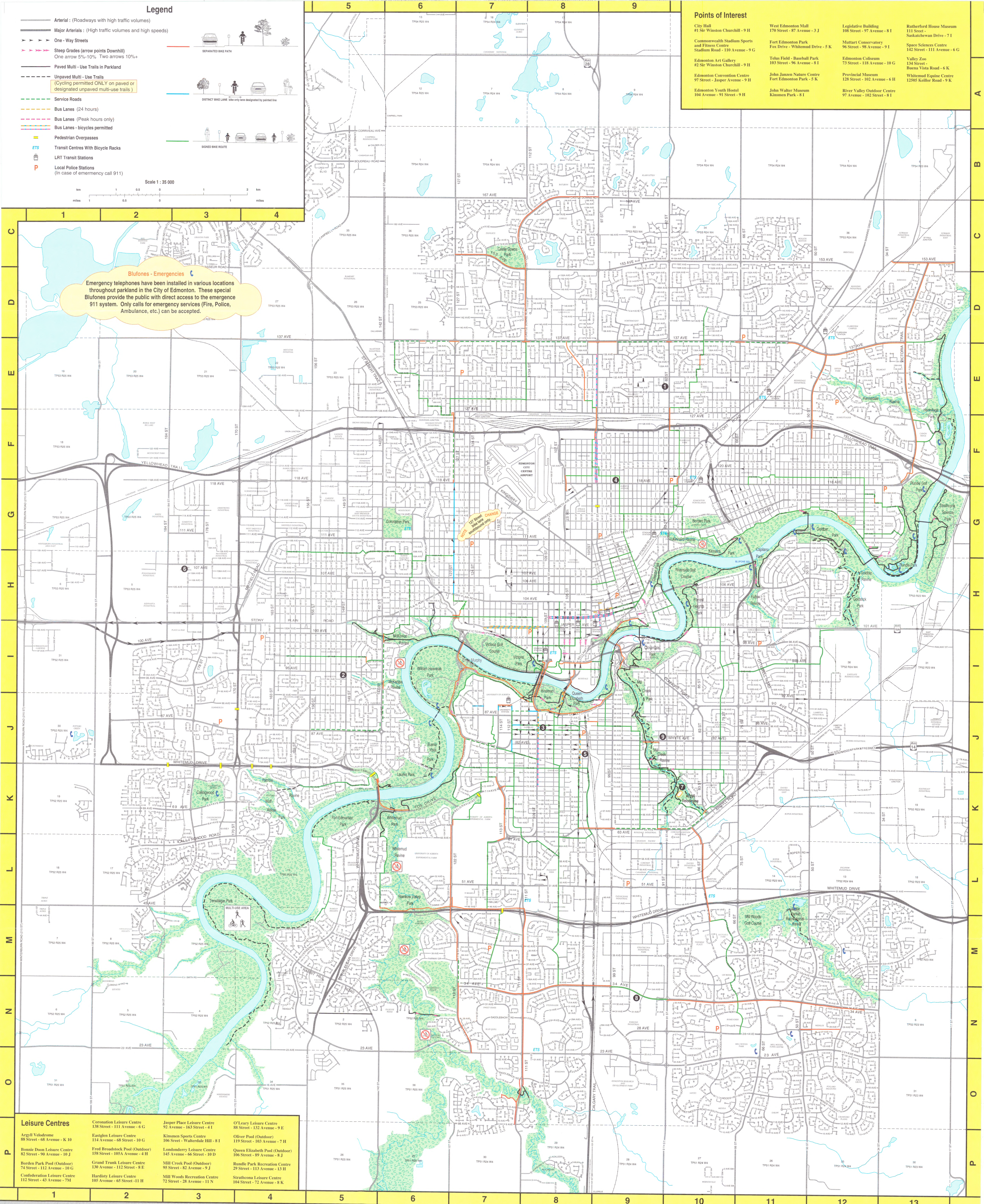




**BELVEDERE
CYCLE & SPORTS**

478-1838

Bicycle Sales and
Service for Over 20 Years

13016 - 82nd Street
Edmonton, Alberta T5E 2T5

The finest selection of
bicycles, parts, and accessories
in Alberta.

Lifetime free service on all new bikes.

2 Locations

Southside
10752 - 82 Avenue
433-7390

Northside
9340 - 118 Avenue
474-2421

Recreational/Kids
• MTB/ Race
• BMX
• Trials

Bring Your
Helmet
In for a FREE
10 pt.
Inspection
Anytime

**RACE
BIKE
AND MTB
SPECIALISTS**

• Recreational/Kids
• Fitness/ Race
• Freestyle
• Hockey
• Off-Road

10323 - 78 Ave, Ph: 433-1181

POWER ASSISTED CYCLING

ZAP™
ELECTRIC BIKES

18303 107 Avenue
Edmonton, AB T5S 1K4

Phone: 780-484-7973 Fax: 780-484-8238
E-Mail: funpods@aol.com

Come See Us On Auto Row!

9303-34 AVE 448-0570

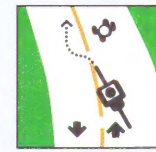
9440 - 149 St.
484-3307

A fun and unique
cycling experience!
Bike and helmet rental
included with \$4 drop in fee.
Call 944-7438 for more info
affordable! easy to learn!

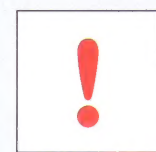
RIVER VALLEY CYCLE
www.rvcns.com
"YOUR MOUNTAIN BIKE SPECIALISTS"
9124 - 82 (WHYTE) AVENUE
465-3863
"LOCATED IN MILL CREEK"
CLOSEST TO RIVER VALLEY TRAILS

SHARE THE TRAILS—CODE OF CONDUCT

Bicycles are fun, relatively inexpensive, and non-polluting. They provide riders with a sense of freedom. The City of Edmonton has 100 km of the finest, multi-use trails where bicycles may be enjoyed. These trails are meant to be shared with all park users. Inappropriate use may cause resentment of cyclists by other park users.



GENERAL
Keep Right
All users must keep right, except when passing or turning left. Move off the trail to the right when stopping.



Stay Alert
Control speed based on activity, ability, terrain, visibility and traffic. Use caution in blind corners, poor weather conditions, and on unfamiliar trails.



Be Visible
Ensure your visibility during daytime and night-time use.



Preserve
Avoid fragile surfaces and vegetation, and always try to preserve the environment for future users. Try not to disturb wildlife or habitats.



Yield
Yield to slower moving traffic: cyclists to pedestrians, joggers to walkers. Move off to the side of the trail for less mobile users.



Share the Responsibility
The inter-linking system of multi-use trails in the River Valley provides opportunities for all. Help reach each other proper trail etiquette: lead by example. Remember, others will be judged by your actions.



Earphone Dangers
Earphones are dangerous to both you and other trail users.



Trail Impact
Control speed based on activity, ability, terrain, visibility and traffic. Use caution in blind corners, poor weather conditions, and on unfamiliar trails.



Orderly Fashion
Groups of users should not span more than half of the trail width so that others may pass.



Control Your Pet
Keep animals leashed in areas requiring leashes. Please restrain animals near other users and wildlife on trails.



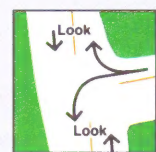
CYCLISTS
Be Courteous — Signal Others
Make contact with others pleasantly, no matter how brief. Always make the first move to avoid conflicts. Inform others of what you are doing through audible warnings.



Ride Appropriately
If your speed or style endangers other users, check for alternative routes, better suited to your needs. Selecting the right location is safer and more enjoyable for all concerned. Use caution on hills, underover bridges, and especially when pathways are busy.



Observe
Honour and respect all trail closure signs, seasonal and permanent. Observe all bylaws and regulations concerning trails.



Be Aware
Check ahead and behind, left and right, before crossing or merging with trails. Move completely off of pathways when stopping so that no conflict occurs.



IN LINE SKATERS
Never it illegal to skate on city streets. Skating is permitted on sidewalks.



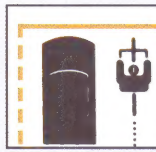
Wear The Gear
Including helmet, knee pads, elbow pads, and wrist guards.



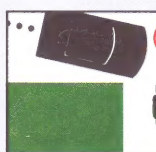
Stay Clear
Stay away from water, oil, uneven surfaces, or debris on the trail.



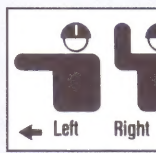
Caution
Follow trail travel, passing, and speed guidelines as per cyclists. Be aware of proper skating and braking techniques before going on trails. All users must observe and obey signs.



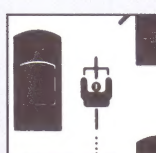
Obey Traffic Sign and Signals
In order to be taken seriously cyclists must obey the rules of the road.



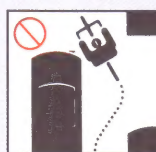
Never Ride Against Traffic
This is illegal and motorists aren't looking for cyclists on the wrong side of the road.



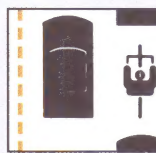
Use Hand Signals
Hand signals tell motorists what you intend to do. Signal as a matter of law, of courtesy, and of self-protection. In some right-turn situations, an outstretched right arm is more visible to those behind you.



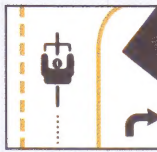
Ride In A Straight Line
Whenever possible, ride in a straight line, to the right of traffic, but at least a car door's width away from parked cars.



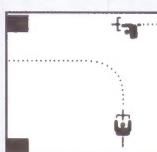
Don't Weave Between Parked Cars
Motorists may not see you when you try to move back into traffic.



Ride In The Middle Of A Narrow Lane Or When Traffic Is Slow
The Highway Traffic Act, Section 146(2), indicates that a cyclist should ride as near as practicable to the right hand curb or edge of the roadway. In narrow lanes or slow traffic, it may be practicable to ride in the middle of the lane to be more visible.



Follow Lane Markings
Don't turn left from the right lane. Don't go straight through in a lane marked "right turn only."



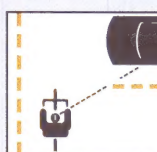
Choose Best Way To Turn Left
There are 2 ways to make a left turn: 1) Like an auto. Signal, move into the left lane, and turn left. 2) Like a pedestrian. Ride straight to the far crosswalk and walk your bike across.



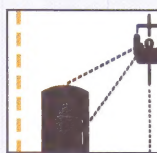
Don't Pass On The Right
This is illegal and motorists, particularly buses and other large vehicles, may not look for or see a cyclist passing on the right.



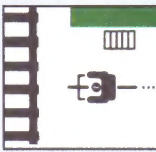
Use Caution On Shared-Use Facilities
Where permitted by signs to use a sidewalk, always give audible warning of your approach. Be especially careful when re-entering the roadway.



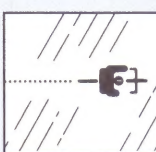
Make Eye Contact With Drivers
Assume they don't see you until you are sure they do. Watch for cars pulling out.



Scan The Road Behind
Learn to look back over your shoulder without losing your balance or swerving left.



Avoid Road Hazards
Watch out for parallel-slot sewer grates, oily pavement, slippery manhole covers, painted lines, gravel, and ice. Cross railroad tracks carefully at right angles. For better control, stand up on your pedals as you cross bumps.



Keep Both Hands Ready To Brake
You may not stop in time if you break with one hand. Allow extra distance for stopping in the rain, since wet brakes are less efficient.



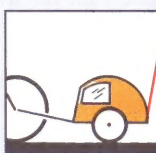
Watch For Chasing Dogs
Ignore them, or try a firm, loud "No!" if the dog doesn't stop. Dismount with your bike between you and the dog. Do not risk a collision with a dog or with a vehicle while trying to avoid the dog.



Keep Bike In Good Repair
Adjust your bike to fit you, and keep it working properly. Routine maintenance is simple and you can learn to do it yourself.



Use Lights At Night
Use a strong headlight and red rear light, plus a red rear reflector at night. Wear a reflective vest and brightly coloured clothes with reflective tape for extra visibility.



Use A Flag On Trailers
Trailers may be difficult for motorists to see. Use a red flag on the trailer at rider height to alert motorists to your presence.



Warn Others Of Your Approach
Use a bell to warn other cyclists and pedestrians of your approach. Move right when a bell is sounded behind you.



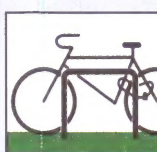
Dress Appropriately
In rain, wear a rain cape or rain coat and pants. Dress in layers for temperature changes, and wear a helmet with a hard outer shell and crushable, foam lining.



Use Pack Or Rack
Saddlesbags, panniers, small backpacks are all good ways to carry packages, freeing your hands for safe riding.

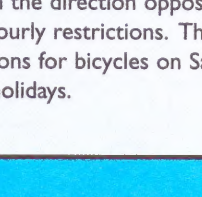
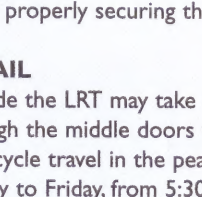
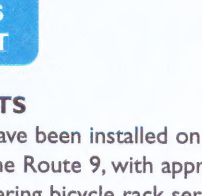
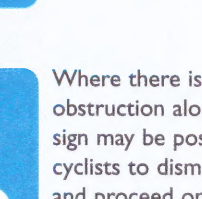
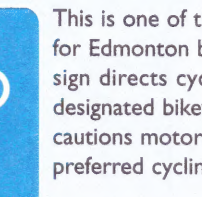
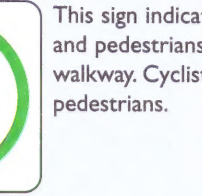
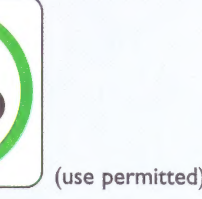
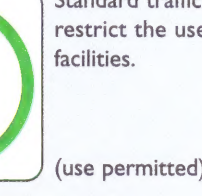
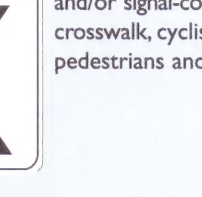
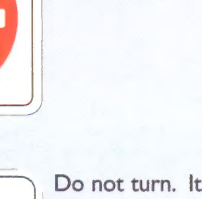
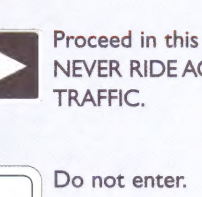
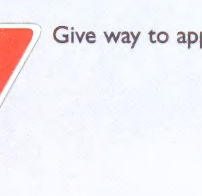


Never Wear Headphones When Riding
Being able to hear approaching traffic is an essential part of safe riding — listen up!

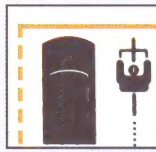


Lock Bike When You're gone
Lock up to a bike rack or another immovable object, locking at least the frame and preferably one or both wheels to the rack with a U-lock or heavy chain and padlock. Keep a record of your bicycle's colour and serial number. Register your bicycle with the Edmonton Bicycle Commuters.

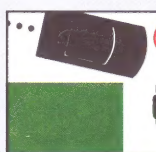
TRAFFIC SIGNS



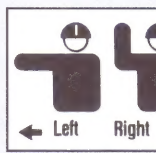
HOW TO RIDE IN TRAFFIC



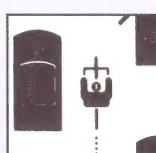
Obey Traffic Sign and Signals
In order to be taken seriously cyclists must obey the rules of the road.



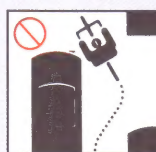
Never Ride Against Traffic
This is illegal and motorists aren't looking for cyclists on the wrong side of the road.



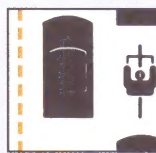
Use Hand Signals
Hand signals tell motorists what you intend to do. Signal as a matter of law, of courtesy, and of self-protection. In some right-turn situations, an outstretched right arm is more visible to those behind you.



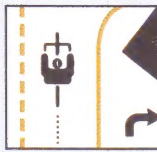
Ride In A Straight Line
Whenever possible, ride in a straight line, to the right of traffic, but at least a car door's width away from parked cars.



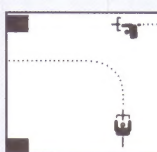
Don't Weave Between Parked Cars
Motorists may not see you when you try to move back into traffic.



Ride In The Middle Of A Narrow Lane Or When Traffic Is Slow
The Highway Traffic Act, Section 146(2), indicates that a cyclist should ride as near as practicable to the right hand curb or edge of the roadway. In narrow lanes or slow traffic, it may be practicable to ride in the middle of the lane to be more visible.



Follow Lane Markings
Don't turn left from the right lane. Don't go straight through in a lane marked "right turn only."



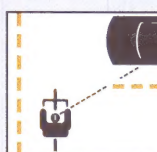
Choose Best Way To Turn Left
There are 2 ways to make a left turn: 1) Like an auto. Signal, move into the left lane, and turn left. 2) Like a pedestrian. Ride straight to the far crosswalk and walk your bike across.



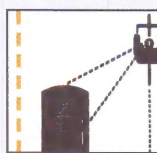
Don't Pass On The Right
This is illegal and motorists, particularly buses and other large vehicles, may not look for or see a cyclist passing on the right.



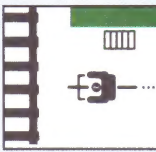
Use Caution On Shared-Use Facilities
Where permitted by signs to use a sidewalk, always give audible warning of your approach. Be especially careful when re-entering the roadway.



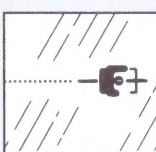
Make Eye Contact With Drivers
Assume they don't see you until you are sure they do. Watch for cars pulling out.



Scan The Road Behind
Learn to look back over your shoulder without losing your balance or swerving left.



Avoid Road Hazards
Watch out for parallel-slot sewer grates, oily pavement, slippery manhole covers, painted lines, gravel, and ice. Cross railroad tracks carefully at right angles. For better control, stand up on your pedals as you cross bumps.



Keep Both Hands Ready To Brake
You may not stop in time if you break with one hand. Allow extra distance for stopping in the rain, since wet brakes are less efficient.



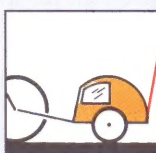
Watch For Chasing Dogs
Ignore them, or try a firm, loud "No!" if the dog doesn't stop. Dismount with your bike between you and the dog. Do not risk a collision with a dog or with a vehicle while trying to avoid the dog.



Keep Bike In Good Repair
Adjust your bike to fit you, and keep it working properly. Routine maintenance is simple and you can learn to do it yourself.



Use Lights At Night
Use a strong headlight and red rear light, plus a red rear reflector at night. Wear a reflective vest and brightly coloured clothes with reflective tape for extra visibility.



Use A Flag On Trailers
Trailers may be difficult for motorists to see. Use a red flag on the trailer at rider height to alert motorists to your presence.



Warn Others Of Your Approach
Use a bell to warn other cyclists and pedestrians of your approach. Move right when a bell is sounded behind you.



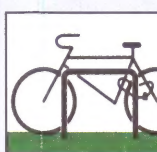
Dress Appropriately
In rain, wear a rain cape or rain coat and pants. Dress in layers for temperature changes, and wear a helmet with a hard outer shell and crushable, foam lining.



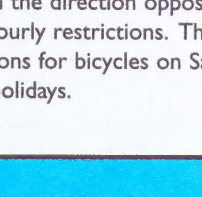
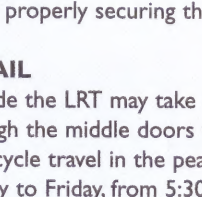
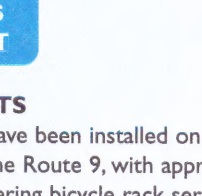
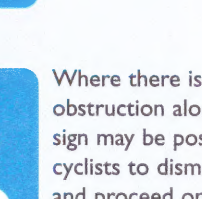
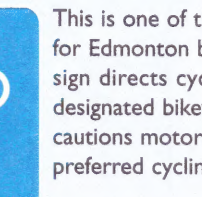
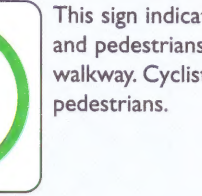
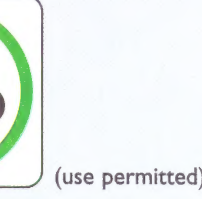
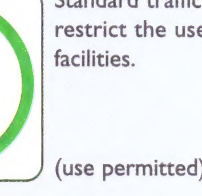
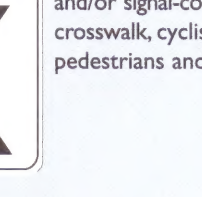
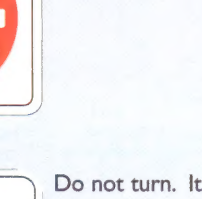
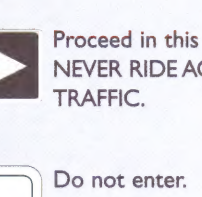
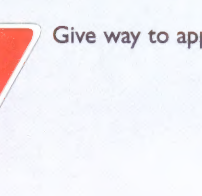
Use Pack Or Rack
Saddlesbags, panniers, small backpacks are all good ways to carry packages, freeing your hands for safe riding.



Never Wear Headphones When Riding
Being able to hear approaching traffic is an essential part of safe riding — listen up!



Lock Bike When You're gone
Lock up to a bike rack or another immovable object, locking at least the frame and preferably one or both wheels to the rack with a U-lock or heavy chain and padlock. Keep a record of your bicycle's colour and serial number. Register your bicycle with the Edmonton Bicycle Commuters.



IT'S THE LAW

OBEY TRAFFIC SIGNS AND SIGNALS
As a vehicle, you must obey all rules of the road. Cyclists have the same privileges and responsibilities as other vehicles.

SIGNS
Cyclists must be aware of and obey all signs on trails, especially those trails which are posted "Closed to bicycles". These closures are for the safety of the cyclist and other park users, or for the protection of wildlife and the environment.

ONE PERSON PER BIKE
Riding double is only permitted on a bicycle that is designed and equipped to handle two persons.

RIDE IN SINGLE FILE
Cyclists must ride in single file, except when passing another vehicle.

EQUIP YOUR BIKE WISELY
The law states that bicycles must be equipped with adequate brakes and a warning device (horn, bell, or gong).

KEEP YOUR BIKE IN GOOD REPAIR
Ensure your bike has functioning brakes, steering and gears. Adjust your bike to fit you properly. Remember, if a Police Officer feels that a bike is unsafe, he or she can have it removed from the road or trail until repairs are completed.

RING THAT BELL
Warn pedestrians of your approach. Pedestrians always have the right-of-way.

USE LIGHTS AT NIGHT
If you are going to operate a bicycle after dark, it must be equipped with a headlight in the front, a red tail light, and red rear reflector.

WEAR AN APPROVED CYCLING HELMET

Approved cycling helmets meeting ANSI, Snell, and/or CSA standards are widely available. Head injuries result in over 75% of cyclist fatalities. Helmets Save Lives.

BIKEWAY LEGISLATION

HIGHWAY TRAFFIC ACT, SECTION 144, SUBSECTION (1):

- A person operating a bicycle on a street has all the rights, and is subject to all the duties that a driver of a motor vehicle has.

CITY OF EDMONTON TRAFFIC BYLAW #5590

Cyclists are not allowed to ride their bicycle on City sidewalks unless so designated.

- Yield right-of-way to pedestrians.
- When passing a pedestrian, use the care and control required to ensure the safety of the pedestrian.
- Give an audible signal by voice, bell, or other warning device in a reasonable time prior to overtaking the pedestrian.
- Yield right-of-way to any vehicle on a street which crosses a Class I bikeway.

CITY OF EDMONTON PARKS AND RECREATION BYLAW #202

- Every trail user shall yield right-of-way to slower moving users.
- When a user wants to pass a slower moving user on a trail, the user shall use the care and control required to ensure the safety of the slower moving user.
- Every trail user shall give an audible signal by voice, bell, or other warning device in a reasonable time prior to overtaking the slower user.

UNIVERSITY OF ALBERTA CAMPUS

The University of Alberta has its own set of regulations and information for operating bicycles on campus. Call Campus Security at 492-5252 for more information.

BIKES ON ETS

Bicycle racks have been installed on low floor buses operating on the Route 9, with approximately every second bus offering bicycle rack service throughout the week in all time periods. Cyclists are responsible for properly securing their bikes.

RIDE THE RAIL

Cyclists that ride the LRT may take their bike on the train through the middle doors when paying regular fare. Bicycle travel in the peak direction is allowed Monday to Friday, from